

LEADERSHIP Workout

With training and practice, ordinary young people can bulk up to become dynamic leaders!

- Dynamic leaders stretch themselves and reach for high goals.
- Dynamic leaders are realistic...they keep their feet on the ground.
- Dynamic leaders are willing to change their position when needed.
- Dynamic leaders resist negative thinking and push away bad habits.
- Dynamic leaders reach out to include every one.
- Dynamic leaders show respect for themselves and appreciation for others.

If I can conceive it and believe it, I can achieve it. I can improve my dynamic leadership by visualizing what it's like to achieve as a leader.

I already have many leadership qualities. I am (check all that apply):

- | | | |
|---------------------------------------|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Prepared | <input type="checkbox"/> Cooperative | <input type="checkbox"/> Friendly |
| <input type="checkbox"/> Trustworthy | <input type="checkbox"/> Hardworking | <input type="checkbox"/> Kind |
| <input type="checkbox"/> Responsible | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Good humored |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Other: _____ |

FCCLA offers many opportunities to shape up for dynamic leadership. The national FCCLA programs and events that most interest me are:

**Today's
 Challenge:
 Identify ways
 to build up the
 leader in me.**

